



City of Gaithersburg Press Release

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For Immediate Release

Let Your Workout Light Up the Night at the GLOW Zumba Solstice Party

Gaithersburg, MD – (December 4, 2019) Welcome winter with the ultimate workout extravaganza at a GLOW Zumba Solstice Party on Wednesday, December 18, 2019, at 6:30 p.m. at the Activity Center at Bohrer Park, 506 South Frederick Avenue. This fun and energizing workout party is free and open to those ages 12 and older.

Experience the exhilaration of moving your body to the rhythm of the music while you literally glow in the dark. The workout features easy-to-follow moves with fast and slow rhythms, stretching, and, most importantly, fun. Wear neon fitness attire to maximize your dazzle.

Want more GLOW Zumba? Continue on with our dynamic fitness program that starts January 10 at 7 p.m. at Casey Community Center. Register online [here](#).

Explore more fitness options in the Go! Gaithersburg Guide, available on the City's [website](#) and at most City facilities. For more information, call 301-258-6350 or visit www.gaithersburgmd.gov.

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